

HEALTH O GRAM

By Dr. R. A. Larson, D.C., Ph.C.

Chiropractors Advise You . . .

1. Learn to stand tall, sit tall, walk tall, sleep tall.
2. Follow a few simple exercises daily to preserve tone of muscles supporting spinal column.
3. Learn to relax completely.

POOR POSTURE IS EXPENSIVE

No greater contribution can be made by the chiropractors of America to the Nation than supporting posture and thus increasing the efficiency of all our workers.

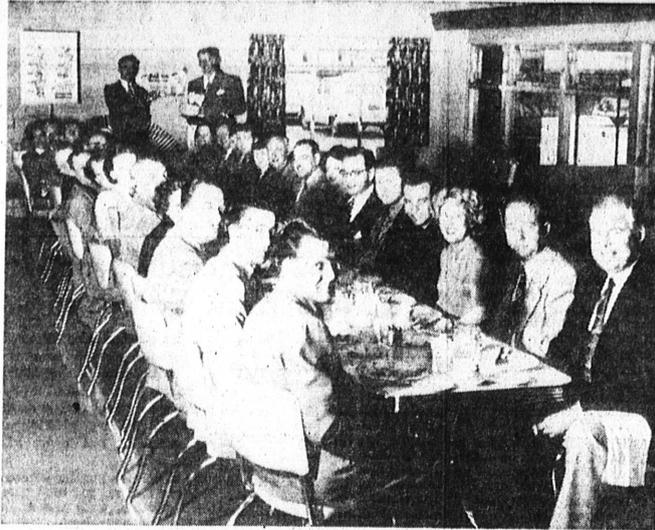
Poor posture is expensive and poor posture habits are responsible not only for weak backs and tired legs, but for poor response to pay needs and efficiency for a short span of life efficiency.

Displacements in the spine can breed on sharp pains when fatigued, muscular sprains, which disappear under scientific treatment.

Workers in business and industry often assume cramped and unnatural positions for long periods. These strains pull scattered bits of the and agitate the delicate nerves that pass between them. For years the human body will put up with this abuse, then suddenly give out.

Workers who have to work in strained positions should go to

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1659 GRAMERCY AVE.
Phone Torrance 2130



GETTING ACQUAINTED . . . These were the 28 Sunbeam dealers and representatives who were introduced to the new Mixmaster at a breakfast staged yesterday morning at the Club Alondra by the Sunbeam Company. (Herald photo).

Local Sunbeam Dealers See New Mixmaster at Breakfast Showing

To introduce the new model 10 Mixmaster to the 22 dealer representatives in Torrance, the Sunbeam Corporation hosted the local dealers to a breakfast demonstration yesterday morning at the Club Alondra on Prairie avenue.

Dick Beatty, factory representative, gave a history of the new 10-speed mixer and demonstrated the "bow-fit" mixing principal of the appliance.

John Ryan, sales manager for Southern California, outlined the promotion program planned by Sunbeam during the coming months. He also showed the dealers the wide variety of labor-saving attachments which are available with the kitchen aid.

The Mixmasters will be on display in 12 local stores on May 3 a few days before Mother's Day. Some of the new features of the Mixmaster Model 10 include larger bowl fit dual beaters, automatic bowl speed control which keeps the mixing bowl rotating regardless of the consistency of the ingredients being blended; the now famous mixer 10-speed dial, adjustable bowl position for large or small bowls; automatic beater-ejector for easy removal of beaters for rinsing, and an automatic juice extractor.

"Sunbeam has been first in presenting all major improve-

Ascension Day Services Slated for Lutherans

There will be an Ascension Day service at First Lutheran Church Thursday evening, May 3, at 7:30. Holy Communion will be celebrated. During the service the picture entitled "The Ascension" will be shown on the screen.

DEGREE LENGTH

One degree of longitude at the equator is 69.2 miles long.

LOANS IN 1 DAY \$25 to \$1800
on your salary only

OTHER PLANS TO SUIT YOU

PHONE WRITE COME IN

There is probably a PUBLIC TESTED PLAN for you. Try our friendly, confidential service when you need money. Phone to arrange the details... then come in.

Convenient Monthly Payments

Phone: Torrance 2814

1623 Cravens Ave.

Public Loan CORPORATION

VeePee of Fraternity

Victor Sundfor, son of Mr. and Mrs. John Sundfor, 231 West 222nd street, has been elected vice president of the University of Denver chapter of Alpha Tau Omega, national social fraternity.

Sundfor is an upperclassman studying mechanical engineering at the large Colorado school.

RODENT COUNT

The U. S. has more than 335 varieties of rats and mice.

GRAVITY FORCE

Gravity alone moves oil through some pipe lines.

Adult School Offers Class on Dictaphone

A free course in dictaphone operation on Monday and Wednesday evenings from 8:30 to 9:30 will be held in room 205 in Torrance Evening High School.

There are a few openings for experienced typists to learn and operate the latest model dictaphones.

Students planning to register should go directly to class and present their individual problems to Mack Landar, instructor of the course.

Choose Two Harbor Tech Men for Study

Two Harbor Junior College students, John Sommielsen and Ralph Jakubowski, will participate in a career development program being sponsored by the Sales Executive Club of Los Angeles, according to Raymond J. Casey, director.

CONTINUED

REVIVAL

EVANGELIST
'BOB' HERALD

DON'T FAIL TO HEAR THIS MAN OF GOD

Fearless — Fiery — Preaching

EVERY NIGHT except MON. & SAT. 7:30 p.m.

Torrance Foursquare Church
1207 El Prado—Phone 1153
WHERE EVERYBODY'S WELCOME

THE TORRANCE MEDICAL GROUP

ANNOUNCE THE REMOVAL OF THEIR OFFICES

for General Practice Surgery and Obstetrics

to

1104 SARTORI AVENUE
TORRANCE, CALIFORNIA

from

1335 POST AVENUE

AFTER APRIL 23, 1951

Phonics: TORRANCE 1088 EUGENE LEE COOK, M.D.
DOCTORS EXCHANGE 192 KURT T. SHERY, M.D.

Reupholstery

RESTYLING RECOVERING REPAIRING

like **NEW** again!

Free! Free! PLASTIC COVERS with each 2-piece set Re-Upholstered

AS LOW AS \$2.00 A WEEK

TORRANCE UPHOLSTERY
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TORRANCE

Phone Now
TORRANCE 1157

at SAM LEVY'S

One Sunbeam Appliance Recommends Another . . .

Sunbeam appliances are so well made, and give so much lasting satisfaction, that every time a person gets one it recommends others.



Sunbeam MIXMASTER

Dial your favorite recipe. Correct mixing speeds at your finger-tips. Mixes, mashes, whips, beats, stirs, blends, juices, etc. Saves time, arm-work.



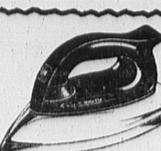
Sunbeam TOASTER

Automatic Beyond Belief! All you do is drop in the bread. Bread lowers itself automatically. No levers to push. Toast raises itself silently, without popping or banging. Every slice alike—moist, dry, thick slices or thin.



Sunbeam COFFEEMASTER

It's automatic! You can't miss! Perfect coffee every time—1 cup to 8. No watching—no worry. All gem-like chromium plate. No glass bowls to break.



Sunbeam IRONMASTER

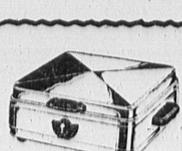
Heats quicker, stays hotter, irons faster. Hot in 30 seconds! Thumb-tip heat regulator in handle, cool, easy-to-set, conveniently marked for all type fabrics. Available in two weights—lightweight, 4 lbs. or lightweight, 2 1/2 lbs.

BUY NOW

—USE YOUR CREDIT AT SAM LEVY'S

★

LOW WEEKLY OR MONTHLY TERMS—



Sunbeam WAFFLE BAKER

Automatically makes 4 delicious, good-sized waffles at one time. No confusion, waiting or delay between waffles—serves 4 people with one baking.

1307 -- 1313 SARTORI --TORRANCE--

SAM LEVY

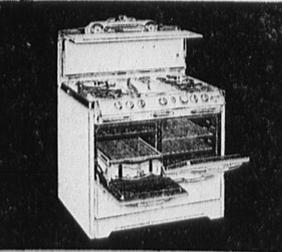
DEPARTMENT STORE

My dreams came true

WHEN I SAW THE NEW AUTOMATIC GAS RANGES

They make cooking as easy, as fast and as economical as I've always hoped

There's a world of difference between the new automatic gas ranges and the models of even a few years ago. That's why you should visit the Spring Showing now being held at dealers' and your Gas Company. On display are the most versatile and the most beautiful cooking appliances ever made. Discover how much time and work one of these new automatic gas ranges will save you. Discover its economy, too, because you'll find that feature for feature it costs less to buy and to operate.

NOW—Spring Showing AT ALL DEALERS

Among the many makes of gas ranges on display is this beautiful new **O'KEEFE & MERRITT** . . . a CP model. Others you'll see include Caloric, Gaffers & Sattler, Hardwick, Magic Chef, Maytag, Roper, Tappan, Wedgewood, Western-Holly.

Look for this seal. It's your guide to the very finest in modern cooking appliances.

GAS

cooks better, costs less

SOUTHERN CALIFORNIA GAS COMPANY